



Friday 3 April 2020

Dear parent

I last wrote to you on Tuesday 24 March when we were just a couple of days into lockdown. I thought it may be useful for me to touch base you with again briefly before the Easter holiday. If you missed my last letter, I would encourage you to have a brief read of it if you can as it contains several useful links to resources for 1) managing any anxiety your child may have 2) making sure that your own needs are met and 3) finding things to keep your child occupied. You can access it electronically by clicking here:

[Wellbeing letter 24<sup>th</sup> March](#)

Last week I mentioned trying, amidst these difficult and confusing times, to establish a routine, a support network and a sense of space even within a busy household as a means of coping with the challenges that we find ourselves faced with. Many of us will still be working all of this out, as am I, and this is OK. This week's message is very simple: do not expect the impossible of yourself and celebrate your daily achievements. If today didn't work out how you planned or hoped, draw a line under it and try again tomorrow. You have done enough.

Our message for the Easter holidays is very much 'stay at home' to protect yourselves and your loved ones. Ms Cook has prepared a range of fun activities for your children to try out at home over the holiday which can be accessed via Show My Homework. Additionally, I will be releasing a daily wellbeing prompt (Mon – Fri) designed to help your child process some of the difficult emotions they may be experiencing at this time. Students are encouraged to write each one on a post-it or piece of paper, take a photo of these when they have collected all ten and email this to [cga@clapton.hackney.sch.uk](mailto:cga@clapton.hackney.sch.uk) putting 'wellbeing challenge' as the subject. They will be entered into a draw to win some stationery which we will post to them or they can donate the money to a charity of their choice if they prefer.

Please continue to check the website for useful information. A reminder, that non-urgent emails can be sent to [cga@clapton.hackney.sch.uk](mailto:cga@clapton.hackney.sch.uk) or voicemail messages can be left on 0208 985 6641, both of which will continue to be checked and responded to daily throughout the holiday.

Below are some of my favourite new links that I have received this week including a brand new, and reliably supervised, online counselling service for young people called Kooth – I hope you find them useful.

With my very best wishes

Joy Meyer

Deputy headteacher  
Clapton Girls' Academy



## 1) Managing any anxiety your child may have

"I wish to make you aware of a free (CCG commissioned) online counselling service available in the City of London and Hackney. The service is called **Kooth and is launching on 1st April**. The service is able to provide online mental health and wellbeing support to young people (**ages 11 to 19 years old**) via any internet accessible device. **Kooth** provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor. **Kooth** is being launched with the support of the Wellbeing and Mental Health in Schools (WAMHS) project." (CAMHS Alliance)

[file:///C:/Users/joyme/AppData/Local/Packages/Microsoft.MicrosoftEdge\\_8wekyb3d8bbwe/TempState/Downloads/Kooth%20A4%20Poster%20\(3\).pdf](file:///C:/Users/joyme/AppData/Local/Packages/Microsoft.MicrosoftEdge_8wekyb3d8bbwe/TempState/Downloads/Kooth%20A4%20Poster%20(3).pdf) - poster

[file:///C:/Users/joyme/AppData/Local/Packages/Microsoft.MicrosoftEdge\\_8wekyb3d8bbwe/TempState/Downloads/Kooth%20-%20How%20to%20Sign%20Up%20Guide%20\(3\).pdf](file:///C:/Users/joyme/AppData/Local/Packages/Microsoft.MicrosoftEdge_8wekyb3d8bbwe/TempState/Downloads/Kooth%20-%20How%20to%20Sign%20Up%20Guide%20(3).pdf) – details of how to access the support

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID 19) outbreak

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak> – a wealth of topics covered such as autism, money worries and much more

Looking after your mental health while self-isolating – advice for young people

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/#staying-connected>

Children's Commissioner – guide to Coronavirus

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

## 2) making sure that your own needs are met

Nuffield Health - How to manage your mental health in uncertain times

[https://www.nuffieldhealth.com/article/how-to-manage-your-mental-health-in-uncertain-times?j=334497&sfmc\\_sub=57055809&l=217\\_HTML&u=8954383&mid=7234710&jb=675&utm\\_source=SFMC7234710&utm\\_content=3344973032020&utm\\_medium=Email&utm\\_campaign=20\\_03\\_30\\_ConsumerGymMembers\\_Steve\\_Gray\\_Update\\_SERVICE](https://www.nuffieldhealth.com/article/how-to-manage-your-mental-health-in-uncertain-times?j=334497&sfmc_sub=57055809&l=217_HTML&u=8954383&mid=7234710&jb=675&utm_source=SFMC7234710&utm_content=3344973032020&utm_medium=Email&utm_campaign=20_03_30_ConsumerGymMembers_Steve_Gray_Update_SERVICE) – a great article full of lots of practical ideas

Mind With Heart - free online mindfulness sessions (including some in French and German). Mind With Heart has been working at Clapton Girls' Academy with the whole of year 8 over the past year to develop mindfulness.

<https://mailchi.mp/68b0ca6b617a/free-line-online-sessions?e=58b16d0f45>



# Clapton Girls' Academy

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Ms Anna Feltham: Headteacher

### 3) finding things to keep your child occupied

Nuffield Health Kids' wellbeing – challenges and activities for children and young people of all ages

[https://www.nuffieldhealth.com/kidswellbeing?j=334497&sfmc\\_sub=57055809&l=217\\_HTML&u=8954382&mid=7234710&jb=675&utm\\_source=SFMC7234710&utm\\_content=3344973032020&utm\\_medium=Email&utm\\_campaign=20\\_03\\_30\\_ConsumerGymMembers\\_Steve\\_Gray\\_Update\\_SERVICE](https://www.nuffieldhealth.com/kidswellbeing?j=334497&sfmc_sub=57055809&l=217_HTML&u=8954382&mid=7234710&jb=675&utm_source=SFMC7234710&utm_content=3344973032020&utm_medium=Email&utm_campaign=20_03_30_ConsumerGymMembers_Steve_Gray_Update_SERVICE)

Into Film – 100 review competition (fortnightly prizes)

[https://www.intofilm.org/news-and-views/articles/review-100-competition?utm\\_source=Into+Film+-+Master&utm\\_campaign=cede5adb6c-home-learning-4-cl&utm\\_medium=email&utm\\_term=0\\_a1465a9b17-cede5adb6c-138462787](https://www.intofilm.org/news-and-views/articles/review-100-competition?utm_source=Into+Film+-+Master&utm_campaign=cede5adb6c-home-learning-4-cl&utm_medium=email&utm_term=0_a1465a9b17-cede5adb6c-138462787)

Young Money Challenges (starting from age 4 up to age 19)

<https://www.young-enterprise.org.uk/youngmoneychallenge>